THE ADVANTAGES OF GLENGARRIFF AS A WINTER RESORT AND SANITORIUM.

GLENGARRIFF HARBOUR & BANTRY BAY.
From the Pleasure Grounds of the Eccles Hotel

REMARKS

ON

THE ADVANTAGES

OF

GLENGARRIFF

AS A

WINTER

Health Resort and Sanitorium.

"The Madeira of the United Kingdom."

"Islets so freshly fair
That never hath bird come nigh them,
But from his course thro' air
He hath been won down by them."—MOORE.

"A breath thou art servile to all the skyey influences."—*Measure for Measure.*

"Are not Abana and Pharpar, rivers of Damascus, better than all the waters of Israel? may I not wash in them, and be clean?"—*2 Kings v. 12.*

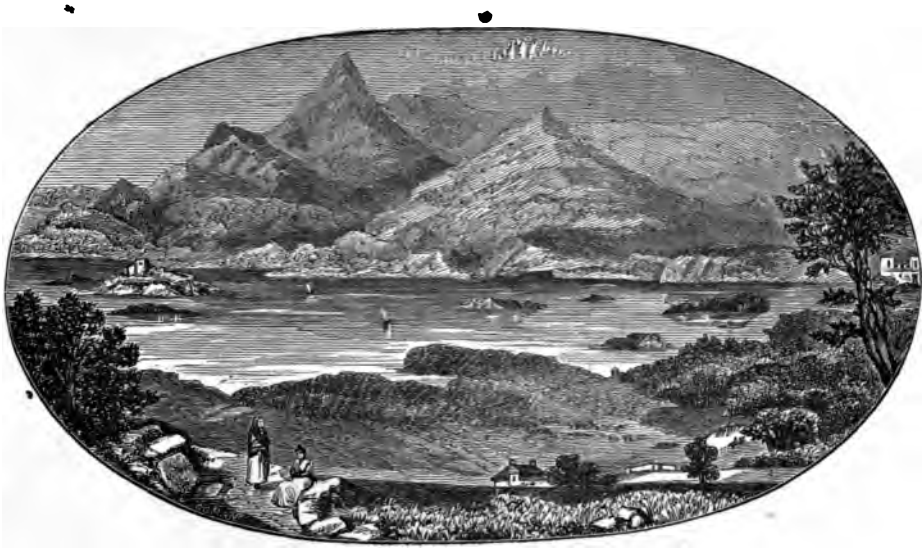
"It was a chosen plot of fertile land,
Emongst wide waves sett like a little nest,
As if it had by Nature's cunning hand
Bene choycely picked out from all the rest,
And laid forth for encample of the best."—
The Faërie Queen, SPENSER.

"There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society where none intrudes
By the deep sea and music of its roar."—BYRON.

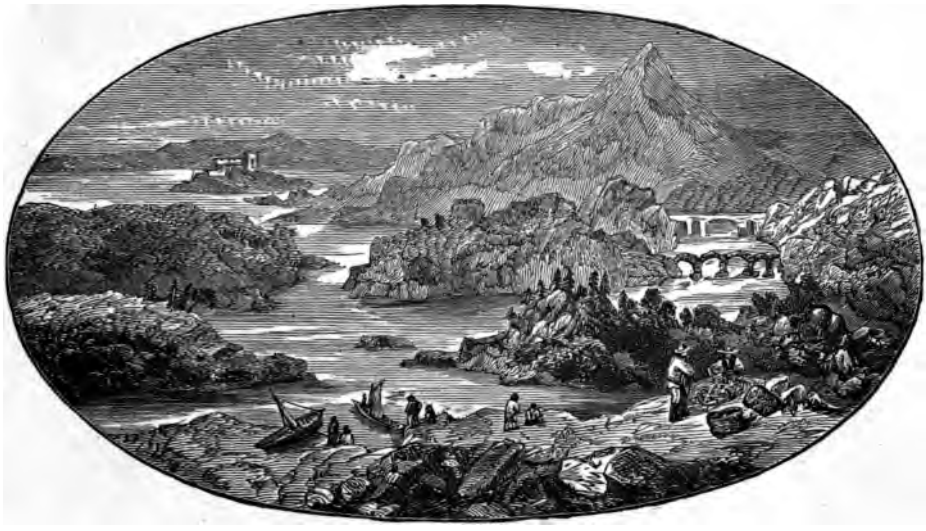
LONDON:
PUBLISHED BY R. J. BUSH, 32, CHARING CROSS.
1875.

The following Statistics of Rainfall at various Health Resorts in the United Kingdom are taken from Symons's valuable Report for 1874.

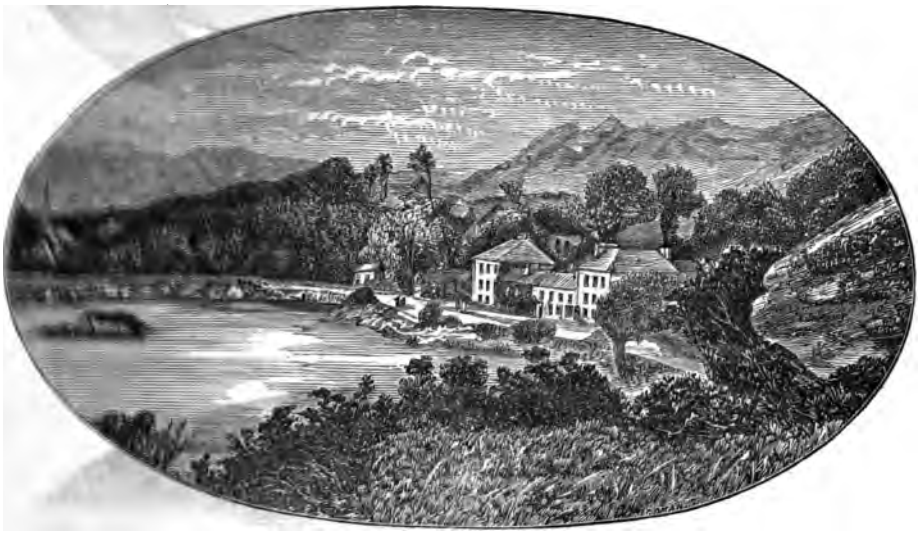
IN.	
30	Cork.
35	Lytham, Jersey, Bray.
36	Torquay, Paignton.
37	Matlock.
38	Ilkley.
39	Beaumaris.
40	Plymouth, Westward Ho! Ilfracombe, Guernsey.
43	Ardrossan.
45	Penzance.
47	Largs.
48	Lynmouth, Tenby, Rothesay.
51	Buxton.
58	Moffat.
60	Oban.
77	The Lake District of England.



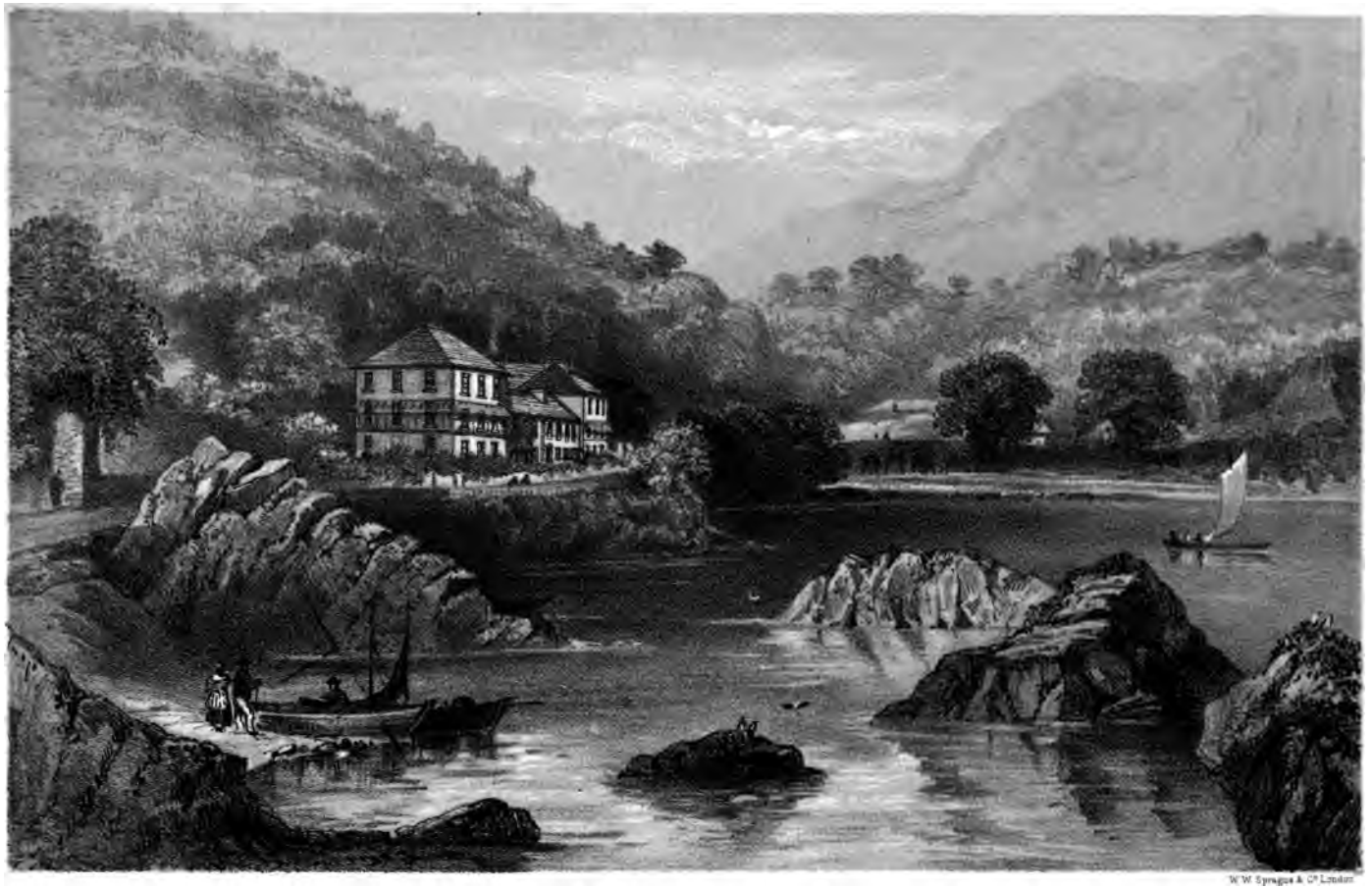
GLENGARRIFF HARBOUR.



CROMWELL'S BRIDGE, GLENGARRIFF.



THE ECCLES SANITORIUM.



THE ECCLES HOTEL, CLENGARRIFF HARBOUR, BANTRY BAY.

REMARKS

ON

The Advantages of Glengarriff

AS A

HEALTH RESORT AND SANITORIUM;

WITH EXTRACTS FROM THE

Testimonials of Eminent Physicians and Authors

AS TO ITS MILD AND EQUABLE CLIMATE, AND THE BEAUTY OF ITS SCENERY.

"What sends picturesque tourists to the Rhine and Saxon Switzerland? Within five miles of the pretty inn of Glengarriff, there is a country of the magnificence of which no pen can give an idea. I would like to be a great Prince, and bring a train of painters over to make, if they could, and according to their several capabilities, a set of pictures of the place. Were such a bay lying upon English shores, it would be a world's wonder. Perhaps, if it were on the Mediterranean or the Baltic, English travellers would flock to it by hundreds. Why not come and see it in Ireland?"—"*The Irish Sketch Book.*" By W. M. THACKERAY, 1845.

"*Memorandums made in Ireland.*" *By* SIR JOHN FORBES, M.D., F.R.S., Hon. D.C.L., Oxon., *Physician to Her Majesty's Household, &c.*

"I think I am not in any degree exaggerating the truth when I say that the scene that presented itself to me between

five and six o'clock the next morning from my bed-room window in the Eccles Hotel, at Glengarriff, seemed hardly surpassable as a specimen of the beautiful; and, certainly, according to my judgment at the time, had never been exceeded by anything in my past experience."

From ALFRED HUDSON, ESQ., M.D., F.K.Q.C.P.I., M.R.I.A., *Ex-President of the King's and Queen's College of Physicians, late Physician to the Meath Hospital, &c., &c.*

2, Merrion Square, Dublin,
July 13th, 1875.

I am happy to bear testimony to the superior claims of Glengarriff as a winter health resort. I first became acquainted with the place many years ago, when suffering from an obstinate laryngeal cough, which, however, rapidly yielded to the influence of its mild climate. Since then I have induced many invalids to resort to it, and with, I may say, decided advantage in every instance.

Glengarriff appears to me to be especially suited to those cases which require a mild and somewhat humid climate, with shelter from prevailing winds, and it is remarkable that, while possessing these advantages, its climate has none of the relaxing effect which is felt at Killarney.

(Signed) A. HUDSON.

From GILBART SMITH, ESQ., M.A., M.D., M.R.C.P., London, *Physician to the Royal Hospital for Diseases of the Chest, Physician to the St. Marylebone General Dispensary, &c., &c.*

68, Harley Street, Cavendish Square, W.,
15th July, 1875.

It is with great pleasure I write in favour of the strong claims of Glengarriff as a winter health resort.

I know many who have gained considerable advantage there, but I can from personal experience bear my testimony, as some years ago, when in a state bordering on consumption, I derived

very great benefit from a two months' happy sojourn at the Eccles Hotel.

To that class of diseases of the chest which requires a winter residence in a warm and moist atmosphere, the climate of Glengarriff presents unrivalled qualifications.

The character of its vegetation forcibly testifies to the genial mildness of its temperature, whilst the encircling chain of lofty summits (so varied in form and colour) is a complete defence from the biting blasts of the North.

The unsurpassed loveliness of the scenery affords ample scope for pleasant excursions by land and sea, in a climate genial and balmy without being relaxing. It has only to be more widely known in order to be more extensively resorted to by hundreds of health seekers.

(Signed) GILBART SMITH.

From WM. BEAMISH, ESQ., M.D., L.R.C.S., Edinburgh, *Senior Physician to the Fever Hospital, Cork, Surgeon to Co. and City Cork Jail, Inspector of Anatomy for the Province of Munster, &c. &c.*

13, Patrick's Place, Cork,
July 21st, 1875.

I am intimately acquainted with Glengarriff and all its surroundings, and believe it cannot be surpassed for its mountain scenery and the mildness and salubrity of the air. In winter it is genial and equable, and therefore a most valuable climate for those labouring under bronchial and other chest affections. I am confident that with the beautifully situated Eccles Hotel, now re-established and elegantly and luxuriously furnished, Glengarriff cannot fail to be an unrivalled resort for invalids, especially during autumn and winter.

(Signed) WM. BEAMISH, M.D.

From EDWARD R. TOWNSEND, ESQ., M.D., *one of the most distinguished and experienced Physicians in Ireland.*

13, Morrison's Quay, Cork,
August 9th, 1875.

A visit I paid to Glengarriff some time since, convinced me of its peculiar excellence as a residence for invalids suffering from pulmonary disease. The temperature, in consequence of its shore being washed by the gulf stream, is always mild, warm, and genial and free from the unpleasant effects produced by relaxation. To the feel, the air is balmy, healing and agreeable, and the climate is tempered by the mixture of mountain air, with the gentle breezes of the Atlantic, free from all cold or harshness. I know of no other place where this peculiarity prevails. The debilitating effects of moist warm air being removed by the bracing action of the mountain breezes. The best description of Glengarriff that I know is contained in "The Survey of the County of Cork," by the Rev. Horace Townsend, of Derry, in the year 1815.

(Signed) EDWARD R. TOWNSEND.

That distinguished authority and writer on health resorts, the late Dr. Edwin Lee, expressed the opinion that he considered Glengarriff and its neighbouring coast to have one of the finest climates in Europe for invalids.

An eminent local physician, Dr. Blennerhasset, gives the following statistics as to the rarity of consumption in this district. In his dispensary practice at Tralee he had only one consumptive case in 2,000, and of 163,411 patients in all, only eighty-five laboured under phthisical disease. He adds that this malady is still more rare among the gentry, and that the progress of the disease is slower than is usual elsewhere.

The following figures—the result of calculations founded on the last Report of the Registrar-General—certainly rather un-

derstate than exaggerate the magnitude of the ravages by consumption. Of the 65,000 deaths which occur every year in England and Wales from slow and lingering diseases, about 39,000 are probably due to pulmonary consumption. One-ninth of the total mortality of all ages, and more than one-fifth of the mortality of adults, is due to this cause; and as the duration of the disease, taking one case with another, is about two years, it follows that about 78,000 persons are constantly suffering from consumption; being at the rate of four persons in every thousand of all ages, and eight in every thousand adults.

Again, of the 60,000 deaths occurring every year in London, about 7,500, or one-eighth of the total mortality of the metropolis at all ages, and little less than one-fifth of the mortality of adults, arises from this fatal disease; and upwards of 15,000 persons, being about one in 180 of the entire population of the metropolis, and more than one per cent. of the adults, are constantly wasting away under the attacks of this lingering malady.

From "Sketches in Ireland." By the REV. CÆSAR OTWAY.

"The climate is so mild and gentle that plants whose *habitat* belongs to more southern climes vegetate here in all their native richness. If I were master of a million of money, I would buy (provided he would sell) Glengarriff from its proprietor."

From PRINCE PUCKLER MUSKAU'S "*Tour in England, Ireland, France, Germany, &c.*" 1828.

"The climate is the most favourable possible for vegetation, —moist, and so warm that not only azaleas, rhododendrons, and all sorts of evergreens stand abroad through the winter, but even, in a favourable aspect, camellias. Dates, pomegranates, magnolias, lyriodendrons, &c., attain their fullest beauty; and the three last are not even covered. The situation affords extensive views, remarkable variety, and yet a complete whole, enclosed within high mountains. Bantry and Glengarriff Bays

are seas in miniature. On the land side the wavy lines of mountain seem nearly endless.

"This spot is as if invented for a romance. Everything here is beautiful,—even the air, which is famed for its salubrity.

"Another advantage is its perfect seclusion. For a landowner, inspired with a spirit of enterprise and a love of improvement, an inexhaustible field here presents itself. Were I a capitalist, this is the spot where I would settle."

From PHILIP PUSEY, Esq., M.P., "*On the Improvement of Farming.*"

"Englishmen, indeed, do not know the mildness of an English winter. London, though on the cold side of England is less cold in January than Paris or Milan; and though they go for warmth to the South of France or to Italy, deserted Mayo and Connemara, and the shores of Killarney, covered with arbutus, are warmer than Montpellier, or Genoa, or Florence."

The extreme mildness and evenness of the climate of Glengarriff (which is attested by the class of plants which grow here luxuriantly in the open air, and without any protection from the weather) render it peculiarly suitable for a winter residence.

The climate of this part of Ireland is neither marked by rigour nor inclemency, the mean of the winter and spring temperature being 3½° higher than that of Montpellier, although situated 9° to the north of it, owing to the Gulf Stream which first impinges on this coast. Snow is rare, and seldom lies on the ground more than a few hours, except on the summits of the highest mountains.

The meteorological table of this district proves that the average temperature exceeds London by about 7°; Torquay, about 6°; Undercliffe, 5½°; Cove, 4½°; Penzance, 4°; the difference being still greater in the spring months. Consumption is little known in this district.

There are several mineral spas in the neigbourhood, and the site presents a favourable opportunity for the establishment of a

sanitorium, where hydropathy, Turkish baths, and other sanitary arrangements, could be established with advantage.

It is believed that an establishment of this kind in the midst of such attractive scenery, with a pure and invigorating air, would be largely resorted to by invalids and others, and the greatest benefits would result therefrom.

The following observations by D. H. Scott, Esq., M.D., in his celebrated work on the climate of Queenstown, are equally applicable to Glengarriff.

"We cannot conclude this part of our subject without hoping that ere long the natural advantages of this town will be more completely developed, that spots now unbuilt upon will soon put on an improved appearance, that a district of land, unrivalled in the beauty of its harbour and scenery, and unsurpassed in its climate, shall be wrought out, by the hand of taste, into residences, promenades, pleasure-grounds, alike attractive to those in search of health or pleasure. That improvements are determined upon, and that some have already commenced, so as to meet the increasing demand for eligible and suitable houses, I am happy to have it in my power to state.

"The character of our climate will have prepared the reader to expect that in its effects upon disease it will bear somewhat an analogy to a few of the English and Continental climates. We believe it can be shown to be superior to most of these, and inferior to none in its curative influence. The peculiar quality of the air, its *equability*, its mildness, its genial character in the very depth of winter, its purity, its freedom from all noxious exhalations, its comparative dryness, and the remarkable relation of the watery vapour to the temperature, must exert an influence on disease that can scarcely be over valued, and cannot fail to strike the mind of the observant physician as constituting that happy union of elements best adapted to confer benefit upon his patient. But apart from my opinion of its observed beneficial effects upon disease, the highest medical authorities in the kingdom can, year after year, testify to the several advantages which have arisen out of a residence here."

The rare flowering plants and ferns which flourish on the shores of Glengarriff, the Lakes of Killarney, and the surrounding district, at a latitude higher than that at which they live on the continent of Europe, is a strong illustration, amongst others, of the exceptional character of the climate.

Dr. J. H. Bennet, in his charming work, "*Winter and Spring on the Shores of the Mediterranean*," remarks:—

"In studying the climate of these various regions of the Mediterranean sea I have taken as my guides Botany and Horticulture, because they are the surest, the least capable of deceiving. Observations founded on the thermometer and on the registration of winds are very uncertain, and are open to many sources of error. The results obtained by their means may be invalidated by bias on the part of the observer or by his ignorance of meteorology, by imperfect instruments or by a badly-selected locality for observation.

"With the vegetable world it is far different, for it cannot deceive, and erroneous conclusions are easily avoided by one who knows its laws. To its component members, temperature is simply a matter of life and death, and the presence or absence of a plant in a locality says more than would pages of thermometrical observations. Plants, moreover, reveal much more than mere temperature, for they are influenced in life, health, and luxuriance by moisture or dryness, by wind or by calm, and by the nature of the soil in which they grow.

"At the same time I have avoided entering into minute botanical details, or giving long lists of plants, for my object was not botanical research and exactness; I have wished merely to study climate through vegetation. I have wished to ascertain by the observation of common trees, shrubs and flowers, and of their epoch of producing foliage and flowers, the difference that exists between the winter and spring climate of different regions of the Mediterranean as compared with the north of Europe."

It would extend this *brochure* too much to give a list of the various rare ferns and other plants peculiar to this district; they are enumerated in the "*Cybele Hibernica*" of Dr. D. Moore, also in "*A History of the Kingdom of Kerry*," by M. F. Cusack (a book full of antiquarian research and interest), and in many other works.

The subject of climate, scenery, accommodation, the mineral springs, botany, meteorology, temperature, and other subjects of great interest, are fully detailed in Dr. Alexander Knox's valuable book on "*The Irish Watering Places*," to which the reader is referred. It also contains copious extracts from Dr. Scott's work on the climate of Queenstown, which is unfortunately now out of print and most difficult to obtain. The subject of health resorts is of such vast importance, that it is to be hoped the rising generation of medical men will prominently direct their attention to it. The district here referred to is eminently deserving of more study than it has yet received.

The following extract is from a Course of Lectures delivered at the Royal Hospital for Diseases of the Chest, by Horace Dobell, Esq., M.D., Senior Physician to the Hospital. He says, "In concluding this Lecture, let me advise you to read the excellent chapter on 'Change of Climate,' by Dr. Walshe, in the fourth edition of his work on '*Diseases of the Lungs.*'"

Dr. Walshe says, page 594, "An invalid, condemned to winter away from his own hearth, will instinctively divide climates *in limine* into home and foreign. His likings, and the nature of his ties, rather than the medical fitness of things, will guide him at once to a choice. But some general grounds of preference on either side might be placed before him in this wise. He might be told that in all English places of resort he must be prepared for a mean temperature very little superior to that of London; for almost abiding gloom of sky; for windiness more or less constant and violent; for, practically speaking, a protracted adieu to almost all the enjoyments of out-of-door life; for total absence of the charm of active and fragrant vege-

tation in the surrounding country; for short, foggy, often sunless days; and, lastly, for the deficiency of those novel scenes, and those bright, gay, and animated groupings of the population around him, that give interest to the streets and roads of continental sanitaria. But he might be reminded, *per contra*, that on his own soil he will find good, really nourishing food, and familiar domestic comforts; that, if he walks, his sense of decency will not be offended, and he will run no risk of being blinded by dust; that mosquitoes are a thing unknown; that he will escape the oft-times distressing glare of an over-brilliant sunlight; that he may every now and then stumble upon a lovely day, the rich charm of which proves all the greater because it is so very, very rare; that he will escape that form of atmospheric infliction, far from uncommonly experienced even on both Riviere, in which, while a fierce sun well-nigh scorches one side of the frame, an icy mountain-blast freezes the other; that he will linger within reach of home associations, and of the kith and kin he cares for; that he will be saved from the annoyance of that unsleeping, ever active cupidity, which strives to wring from him twelve months' pay for six months' supply; and that he will never know that pain of feeling himself a sort of tolerated being, which even the domiciled resident in a foreign land is sure from time to time to have forced upon him."

The following remarks by Lord Cloncurry, in his "*Personal Memoirs*," will be read with interest. He writes:—"I have had a good deal of experience of foreign climates, and opportunity, too, of observing their effects upon invalids; and as the result I must record my testimony against the futility of Irish invalids seeking more healthful skies abroad than they have at home. Travelling is, no doubt, a powerful and most agreeable agent in the restoration of health; but in cases of serious illness I have never known the injury occasioned by separation from friends and loss of home comforts to be compensated for by any of the vaunted climates of the invalid resorts of the Continent. In Ireland there is, perhaps, somewhat of an excess of humidity;

but still few days occur in the year during which exercise cannot be taken in the open air; and we have neither *bise* nor *sirocco*, nor *malaria*—no *coups de soliel*, no agues, no mosquitoes. The spot where I am now writing is within 200 yards of the water of the Bay of Dublin, and the time is mid-winter, yet the grass is as green as it was in April; myrtles are flourishing down to the very edge of the sea, the honeysuckle is putting out fresh leaves. My recollection of the place now extends over seventy years, and I never during that time remember snow to have lain upon it for three consecutive days; on the other hand I have found it necessary to have fires at Florence in July; and yet how many Irishmen make the 'variable climate' of their native land an excuse for hiding from their duties under the pretence of seeking health under foreign skies."

From LADY CHATTERTON'S *well-known work on "The South of Ireland,"* 1839.

"My principal object in publishing this book, is to endeavour to remove some of the prejudices which render so many people afraid either to travel or reside in Ireland, to show how many and various are the attractions that misunderstood country contains, and to furnish the most decided proofs that a tour in some of its wildest districts may be keenly enjoyed by an Englishwoman, rendered fastidious by ill-health, and frequent visits to the more refined and luxurious countries of the South of Europe."

From "Ireland." Illustrated from Original Drawings by G. PETRIE *and* W. H. BARTLETT, *with descriptions by* G. N. WRIGHT, M.A.

"The scenery of Glengarriff, while it enchants the imagination, arrests the pen; the artist may present an image of its grandeur, the topographer never can. We view it as a noble lake, adorned with picturesque islands of various forms and dimensions,—some merely denuded rocks, others crowned with

gnarled oak, with pensile ash, with flowering arbutus. 'Tis strange, yet 'tis true, that this scenery is quite unequalled by any other in the British Isles; yet Glengarriff is comparatively unknown."

From "A Week in the South of Ireland." By AN OLD TRAVELLER. 1859.

"Glengarriff is, in our estimation, inferior to nothing that either the British Islands or the continent of Europe affords. It does not yield to the loveliest spots of the north of Italy, or the fairest of the Alpine vales of Switzerland."

From "Notes of an Irish Tour." By LORD JOHN MANNERS.

"The twenty miles from Kenmare to Glengarriff form the grandest road, barring the Alpine passes, that I know. An ascent of four English miles brings you to a tunnel six hundred feet long; on emerging from which, the head of Glengarriff opens upon you. Thence, at every step you descend, the scenery becomes more and more beautiful, every turn of the road revealing some hitherto unseen charm, with Bantry Bay and the Atlantic ever bounding the view. Bantry Bay fully merits all that has been said in its praise. A glorious sunset was lighting up that noble arm of the sea, and its swelling mountains, as I crossed its broad surface, which, from its situation and natural advantages, ought to rival Brest or Plymouth."

From "Handbook for Travellers in Ireland." JOHN MURRAY. 1864.

"The view from the hotel of the almost land-locked bay, with its many islands, the grounds and woods of Glengarriff Castle on the left, and the coast towards Berehaven on the right, is in itself an inducement that very few hotels can offer. The principal objects of interest are the grounds of Glengarriff, together

with the adjoining property of George Preston White, Esq., through which run charming walks and drives."

From "Ireland." By Mr. and Mrs. S. C. HALL.

"Language utterly fails to convey even a limited idea of the exceeding beauty of Glengarriff, which merits, to the full, the enthusiastic praise that has been lavished upon it by every traveller by whom it has been visited."

From "The Land we Live in." By CHARLES KNIGHT.

"Such an admiration,—speechless wonder,—is the view of Glengarriff and the great arm of Bantry Bay, which presents itself from the grand road recently completed from Kenmare; and, passing through a long tunnel such as railroads have made us familiar with, rapidly descended the road which leads to Glengarriff. And then that prospect!—mountains, bays, islands, and the great Atlantic rolling placidly in to kiss a shelvy shore."

From "Ireland." Illustrated from Original Drawings by G. PETRIE *and* W. H. BARTLETT, *with descriptions by* G. N. WRIGHT, M.A.

"Those who have visited Glengarriff, while their recollections are awakened by the illustration, will agree with the decision of the illustrator that no scene in all the concentrated beauties of Killarney can vie with this before him in sublimity of character, in greatness of effect, in the softer graces of the waving wood, or in the wilder rudeness of its mountain aspect. There yet remains one astonishing display, quite unrivalled in its kind by any in Ireland or in Wales—the cataract of Hungry Hill, or the Fall of Adrigole. The overflowing waters of several small lakes near to the summit of this conspicuous mountain are precipitated from an elevation of two thousand feet above the sea, down a mural cliff of vast height, unimpeded by the rocky

obstructions which are opposed to its descent in approaching nearer to the bottom of the fall,—thus conferring on the spectacle the appearance of both fall and cataract. The volume of water is at all times considerable, but it is viewed in all its majesty after a heavy fall of rain. The roaring of the waters is less audible than might be imagined; but the singular spectacle itself is plainly seen from the town of Bantry, on the opposite coast, a distance of seventeen English miles."

From LORD MACAULAY'S "*History of England.*"

"The south-western part of Kerry is now well known as the most beautiful tract in the British Isles. The mountains; the glens; the capes, stretching far into the Atlantic; the crags, on which the eagles build; the rivulets, brawling down rocky passes; the lakes, overhung by groves, in which the wild deer find covert, attract every summer crowds of wanderers, sated with the business and the pleasures of great cities.

"The myrtle loves the soil; the arbutus thrives better than even on the sunny shores of Calabria; the turf is of livelier hue than elsewhere; the hills glow with a richer purple; the varnish of the holly and ivy is more glossy, and berries of a brighter red peep through foliage of a brighter green."

Sir David Wilkie expressed an opinion that the county of Kerry, so nobly indented with bays of the Atlantic Ocean, and possessing a climate so favourable for vegetation, along with its mountains and inland waters, might without injustice be pronounced, in point of scenery, the finest portion of the British Islands.

ACCOUNT OF THE QUEEN'S VISIT TO KILLARNEY IN AUGUST 1861.

The following description of Killarney, taken from Mr. WOODS' letters to the "*Times*," during the Queen's visit, is one

of the most eloquent that has ever celebrated those matchless beauties:—

"Leaving Glena, the barge passed through the narrow channel that leads to the upper lake; and here it is almost necessary to pause, for the marvellous beauty of the scenery from this point upwards, when once properly seen, can never be forgotten or described. The number of English tourists that have visited and known Killarney well are probably not more than four or five per cent. in the number of those who, year after year, are content with rambling about Windermere, Katrine, or the lakes of Switzerland. Yet all that is most beautiful and varied in lake scenery to be found either here or abroad, even if united, would fail to equal the surpassing magnificence of the views to be seen in the course of a single mile on the Upper Lake of Killarney. Every one has tried to describe it; but its mysterious beauty still remains as indescribable as Niagara itself. Till one has the power of writing as it were in colour, form, and magnitude, no verbal description can do justice to these upper lakes. The Prince Consort as nearly as possible described them yesterday in four words, when he said to Lord Castlerosse, "This is perfectly sublime;" for sublime scenery it is in the grandest and most comprehensive meaning of the term. The undefinable —the almost sacred—beauty of the Upper Lake consists chiefly in its colours. The mountains are sometimes black, sometimes purple, and some, as the stream of sunlight falls upon them, have a rosy, golden hue, as rich as the soft haze over Turner's gorgeous paintings.

From MURRAY'S "*Handbook for Ireland.*" 1871.

"A new road of about two miles in length has been made by Mr. Preston White through his property, near the Upper Lake of Killarney, which enables the tourist to drive all round the lakes, and obtain some of the most unique views in the district."

From "Davenport Dunn." By CHARLES LEVER.

"The '*Chronicle*' assures us the arrival of a Treasury Lord accompanied by the Chairman of the Board of Works, on Monday last, at Glengarriff, proclaimed the gracious intention of Her Majesty to honour this favoured spot by selecting it for a future residence, and of a truth it was even worthy of such a destiny."

It is to be regretted that the great landed proprietors of this district have not provided sufficient hotel and other accommodation for tourists, invalids, and others, in the neighbourhood of Glengarriff and Killarney. It is true that on the Lower Lake of Killarney there are magnificent hotels, such as the Railway, the Victoria, the Lake, &c.; but, at the Upper Lake, where the grandest scenery exists, there is not hotel accommodation of any kind. Now, instead of capitalists and others investing their money in foreign loans, mines, &c., in which, in many cases, they lose both capital and interest, surely here is a field for safe and profitable investment. The Langham and many other hotels return over 20 per cent. interest. It is said that the late Colonel Herbert, of Mucross Abbey, refused £10,000 for a site for an hotel on his property. The late Duke of Devonshire set a noble example, well worthy of imitation, by building hotels at Chatsworth, Bolton Abbey, and other places of interest on his princely estates, and, more recently, Lord George Hill has erected a most comfortable hotel at Gweedore, and has in many ways rendered most important services in opening up that hitherto unknown and undeveloped territory,—for an account of which read his interesting *brochure*, "Facts from Gweedore."

Switzerland, a country where the season lasts only for three or four months, abounds with Hotels, Pensions, and Health Resorts, many of them of enormous proportions, and in many instances built on mountain ranges,—as, for example, St. Moritz, in the Engadine, 5,300 feet above the sea level. Yet the Swiss hotel proprietors are amongst the most wealthy of its inha-

bitants, and are frequently large landed proprietors. Now, these Swiss health resorts are not without important drawbacks. Dr. Bennet, in his valuable work already referred to, says,—"If the wet weather sets in, the mountain retreats are at once enveloped in cloud or fog, and many remain so for weeks, to the great detriment of the consumptive patient." The remarks in the preceding pages principally allude to Glengarriff and Killarney; but the whole of the south-western part of Ireland abounds with sheltered coves and harbours, in the midst of scenery of the most exquisite beauty and picturesque character. How is it that the rising generation of medical men do not turn their attention to it? It is to members of this noble profession that Cheltenham, Bath, Harrogate, and, in short, all the summer and winter health resorts in the world, owe their creation.

Ireland appears to be very deficient in works on medical topography and climate; and yet no country has produced more distinguished members of the profession,—their name is legion. There never was a period when eminent physicians recommended so much change of air, mineral waters, hydropathy, change of scene, sea-bathing, and other natural resources, and resorted so little to drugs and medicine,—and it reflects the greatest credit on them.

It is true we cannot make the deaf to hear, the dumb to speak;—

> Nor from the foul film to purge the visual ray,
> And on the sightless eye-ball pour the day;

Nor is it given to us to re-illumine the extinguished lamp; but, to the medical profession, we are indebted for alleviating the sufferings of humanity, and there is no malady more deserving of their attention than consumption, and its frightful ravages. There is one most important consideration in the selection of a health resort, namely, good, wholesome food. Now, it is hardly necessary to say that this cannot be obtained in Algeria, Egypt, the south of Spain, and many other vaunted climates, and as to sanitary and domestic arrangements, they are as bad as they can possibly be.

"Is it not," as Dr. Bennet truly remarks, "mere wanton trifling

with human life to send sufferers with a view to the recovery of their health to winter in large, unhealthy, southern towns like Rome, Naples, and Malaga, *foci* of malaria, epidemic, and zymotic diseases? Does not the simplest common sense tell us that invalids, with the seeds of death in them, should not be located for months in the centre of towns where even the healthy cannot live?"

From MURRAY'S "*Handbook for Ireland.*" 1871.

"A few words should be said of the botany of Ireland, not merely on account of its peculiarity, but because that peculiarity bears in a considerable degree on the early geology of the country. The flora of Ireland, especially in the W. and S.W., is of an Andalusian or Iberian type, according to the nomenclature of the late Professor Forbes, who believed that a great continent, which connected Spain and Ireland, was formed by the upheaval of the Miocene Tertiaries, and that this tract bore the peculiar fauna and flora which are still met with in the Azores, Madeira, Spain, and Ireland. For instance, the Trichomanes radicans, found at Killarney, is only found elsewhere in the north of Africa, Madeira, the West Indies, and Western Spain. The Arbutus, indigenous to Killarney, is found indigenous only in N.W. Spain. The Saxifrage, or London Pride, of which there are six species, is confined to Ireland and the Spanish Mediterranean shores. The heaths, again—Erica Mackayna, Mediterranea, and Daboecia, all typical heaths,—are of Andalusian kindred. 'One of the orchis tribe, Spiranthes gemmifera, grows upon the coast of the county of Cork, and many botanists are of opinion that this plant is not to be found in any other portion of the world. However, more recent observations tend to establish a relationship between it and another species abundant in Western Europe.' All these facts, whether altogether tenable or not, are unusually interesting, as throwing light on the early condition of a large country by means of a science which is not generally sufficiently studied with a view to collateral results."

"After leaving Gougane Barra, the car passes up the pass of Keimaneigh, one of the finest and most savage of the ravines in the south of Ireland. About 6 o'clock brings us to one of the best of the south of Ireland hotels—Eccles' "Bantry Arms," close to the water's edge, and commanding glorious views of the Bay of Glengarriff, the scenery of which many prefer to that of Killarney.

"Read what we have said about the charms of this lovely region in Route 36. Three days will not be found too much to spend here in making excursions by land and water in the neighbourhoods of Bantry, Adrigoole Waterfall, Castletown, Bearhaven, &c.

"There is a public car which leaves Eccles' Hotel every morning during the summer, at 10, for Killarney, passing through Kenmare, and arriving at Killarney at 6 p.m. This drive is admittedly one of the most picturesque and interesting in Ireland."

In the valuable and exhaustive Report of "the Commission on Oyster Culture" will be found an extensive series of observations taken on the coasts of the United Kingdom and France, to ascertain the temperature of the sea; and, in the appendix to the Report, will be found the remarks of Professor Hennessy, F.R.S., Vice-President of the Royal Irish Academy. He says:—

"The following deductions may be fairly drawn from the facts and reasonings contained in this Report:—

"1. The temperature of the sea on the coast of Ireland varies within narrower limits than on the coast of Great Britain, or, in other words, it is more equable throughout the year and also during the summer season, when oyster breeding takes place.

"2. The temperature of the sea at noon on the Irish coast, especially on the south and west coasts during the months of June and July is, upon the whole, higher than on the coast of Great Britain, and less than on the west coast of France.

"3. This temperature seems to be sufficient for the requirements of oyster breeding, and therefore, *a fortiori*, the temperature about two in the afternoon under the conditions above referred to.

"4. The highest temperature of the seas surrounding Ireland, and probably also of those surrounding Great Britain, is during the month of August, and the least during the month of February.

"5. Any advantages as to temperature possessed by the seas which wash the Irish coast are unquestionably due to the thermal influence of currents connected with the Gulf Stream."

THE FOLLOWING REPORTS HAVE BEEN RECEIVED (AMONGST OTHERS) AS TO THE ADVANTAGES OF GLENGARRIFF AS A WINTER AND SPRING RESIDENCE.

From THOMAS HAYDEN, ESQ., M.D., F.K.Q.C.P.I., *Physician to the Mater Miseracordiæ Hospital, Dublin; Professor of Anatomy and Physiology to the Catholic University of Ireland, &c., &c.*

30, Harcourt Street, Dublin,
August 23rd, 1875.

Few wants are more sensibly felt in Ireland than that of a suitable health resort, to which, without submitting to the pain and inconvenience of leaving their own country, those suffering from chronic or recurrent affections of the respiratory organs, may have recourse during the winter and early spring months.

A locality, easy of access, sheltered from the east, the north, and north-west winds; presenting fine natural scenery under its most attractive form of mountain, wood, and water, combined in due proportion, enjoying a warm, equable, pure, and dry air, and affording, at a moderate expense, all the advantages of a comfortable home, with adequate provision for active exercise

out of doors, free from the ordinary dangers of exposure, would supply the requisites of an establishment such as I contemplate.

I am glad to learn that under the new arrangements now being made at the "Eccles Hotel," Glengarriff, all the above-mentioned advantages will be abundantly supplied.

This locality has been highly favoured by nature, and possesses, in a pre-eminent degree, the conditions essential to a site for a winter residence.

(Signed) THOMAS HAYDEN.

From DR. WILLIAM H. O'LEARY, M.P., *Fellow and Member of Court of Examiners, Royal College of Surgeons, Ireland, F.G.S.I., Surgeon to St. Vincent's Hospital, and late Professor of Anatomy and Physiology, Ledwich School of Medicine, &c., &c.*

Dublin,
24th August, 1875.

It is now some years since I first became acquainted with the beauties and salubrious qualities of Glengarriff,—perhaps the loveliest spot in our island. At that time it was difficult of access and deficient in hotel accommodation, and visitors thereto were limited to the ardent lovers of the picturesque. Recently, however, through the enterprise of the proprietor of the "Eccles Hotel," the latter defect has been removed, and the comfort of tourists in this respect is now catered for in the most complete manner. Since my first acquaintance with the locality, having been much impressed with its extraordinary suitability as a sanitorium for cases of pulmonary and cardiac disease, I have been in the habit of sending thither patients suffering from such affections, and in nearly all cases the benefit resulting from a sojourn there has been most marked and gratifying.

Glengarriff, from the fact that it is sheltered by high mountains from all winds, excepting that from the south-west, which accompanies the Gulf Stream in its course, enjoys a more elevated and more equable temperature than any other place

in the British Islands with which I am acquainted. This fact renders it a most valuable resort for persons suffering from gouty and rheumatic affections, which, in a special degree, require a high thermometric range of little variability. The large per-centage of ozone the air contains here, from the presence of the fresh breezes from the Atlantic, obviates the defect experienced in Queenstown, Killarney, and some south of England resorts, viz., the relaxing effects felt in those places by visitors from colder and more bracing situations, without, however, producing such a degree of exhilaration as to tend to make Glengarriff in any degree dangerous to those suffering from heart disease in any of its stages.

Were Glengarriff situated within a hundred miles of London, or indeed of any European capital, it would no doubt lose much of its natural beauty and attractions from the invasion of bricks and mortar, from which it would inevitably suffer, but it certainly would become the constant resort of thousands of seekers after health.

(Signed) WILLIAM H. O'LEARY, M.P.

From STEPHEN HOLMES, ESQ., M.D., L.F.P.S., L.A.H., *Medical Officer and Public Vaccinator, Dunmanway District.*

Dunmanway, Co. Cork,
4th September, 1875.

Being personally acquainted with the "Eccles Hotel" at Glengarriff, I am strongly of opinion that it would make a first-class winter sanitorium; and that from the salubrity of the climate of Glengarriff, residing there would be most beneficial in cases of bronchial affections.

(Signed) STEPHEN HOLMES, M.D.

From A. HAMILTON BRYAN, ESQ., L.R.C.S.I., L.R.C.P., L.M., *Medical Officer Ballyneen Dispensary District.*

Ballyneen, Co. Cork.

I have frequently visited Glengarriff, its scenery is magnificent, and is only equalled by the salubrity of its air, which is of an invigorating and bracing character. The different places for walking, driving, and boating will repay those who visit Glengarriff either for pleasure or health's sake.

(Signed) A. HAMILTON BRYAN.

From JAMES R. SWANTON, ESQ., M.D., L.R.C.S., *Medical Officer and Public Vaccinator, Glengarriff Dispensary District.*

Bantry, Co. Cork.

I have much pleasure in bearing testimony to the advantages possessed by Glengarriff as a health resort. Beautifully situated, surrounded and sheltered by mountains at the back, open to every ray of sunshine, with sea and mountain air, and charming views of wood and water, it offers unusual attractions to the invalid. The beauty of the scenery is unsurpassed by any other place of the kind in the kingdom. For many years crowds of summer votaries have been attracted by the well-deserved reputation of this delightful place.

To those seeking a warm and equable temperature, Glengarriff is peculiarly suitable as a winter residence.

I have learned that it is the intention of the proprietor of the Eccles Hotel to provide baths, and to establish a sanitorium in connection with the Hotel. This would supply the one thing needed to make Glengarriff one of the most healthful and delightful resorts for invalids in the kingdom.

(Signed) JAMES R. SWANTON, M.D.

From J. E. KENNY, ESQ., L.R.C.P. & S.E., *Physician to Dispensary, North Dublin Union, Ex-Physician to the N. D. Union Small-Pox Hospital, &c., &c.*

71, Lower Gardiner Street, Dublin,
September 24th, 1875.

A close study of the climatic conditions, scenic beauties, and other extraordinary natural advantages of Glengarriff, has convinced me that it possesses *desiderata* as a sanitorium and general resort, either for health or pleasure, scarcely to be equalled in any locality, even in regions enjoying a much less rigorous and variable climate than that of which this country can boast. Lying almost completely encircled by beautiful mountains, some of which attain an altitude of nearly 3,000 feet, even when sharp winds from the north, east, or west sweep over adjoining less sheltered places, scarcely more than a refreshing breeze can be felt in the landlocked arm of Bantry Bay, which forms the lovely natural harbour of Glengarriff. The stillness of atmosphere thus produced gives rise to none of those relaxing effects which might naturally be supposed to result therefrom, owing to the constant presence of fresh Atlantic breezes laden with ozone, which strengthens whilst it inspirits.

The climate is therefore unusually mild and equable, and highly invigorating without being too exhilarating, circumstances that render the locality peculiarly suitable for persons suffering from pulmonary, cardiac, and gouty affections, and from gastro-bilious disturbance. I have known many cases of the above description derive the greatest benefit from a residence in Glengarriff, which whilst it possesses all the soft beauty of Cork, combined with the rugged grandeur of Killarney, is not nearly so humid as either. The genial nature of the climate is evidenced by the almost tropical luxuriance of the vegetation everywhere abounding, of plants whose natural *habitat* belongs to more southerly latitudes. The rhododendron, fuschia, hydrangea, &c., grow in thick clumps and hedgerows, and blossom profusely late into the season; while figs and grapes ripen readily in the open air. I am convinced that were a

sanitorium, on the principle of that so successfully introduced into Blarney by the late Dr. Barter, established in Glengarriff, and conducted with vigour and intelligence (as, indeed, it could not fail to be in the hands of the enterprising owner of the Eccles Hotel), it would be certain to prove a complete success, and become the resort of thousands of health-seekers. At present, excellent accommodation can be found at the above-named much-frequented hotel, which is charmingly situated on the shore of the harbour. The beauties and healthful properties of Glengarriff, to be appreciated and largely availed of, need only to be more widely known.

(Signed) J. E. KENNY, L.R.C.P.

From JAMES ED. SOMERVILLE, ESQ., M.D., L.R.C.S., Ireland, *&c., &c.*

Union Hall Leap,
23rd September, 1875.

During the past ten years I have had occasion to visit Glengarriff at all seasons so frequently as to have acquired an intimate acquaintance with the climate and scenery.

The modern classification of bronchial and laryngeal diseases has led to an analysis of climate as an adjunct to their treatment, and I have frequently felt surprised that in cases when a mild and sedative climate is required to lend its powerful aid, Glengarriff has hitherto been comparatively neglected.

To this may be added a still further requisite for the invalid, "The Eccles Hotel," now fitted up with all the comforts of modern luxury, which are so indispensable to the attractions of climate and scenery, which have been so beautifully and bountifully bestowed by nature on this lovely spot.

(Signed) JAMES ED. SOMERVILLE, M.D.

From LOMBE ATTHILL, ESQ., M.D., F.K.Q.C.P.I., L.R.C.S.I., *&c., &c.*

11, Upper Merrion Street, Dublin,
27th September, 1875.

I can with the greatest confidence commend Glengarriff as a health resort to a large class of patients, who need a mild, winter climate. For such, I believe Glengarriff to be equalled in salubrity by few localities in Great Britain; certainly, it is surpassed by none.

It possesses, too, a scenery almost unrivalled for beauty; while the accommodation afforded at "Eccles Hotel," situated at the base of the mountain and close to the seaside, is all that can be desired.

(Signed) LOMBE ATTHILL, M.D.,
Fellow Coll. Surgeons.

From "The Gentleman's Magazine" for October 1875.

"We got to 'Eccles's' at last, and met with a reception that could not have been warmer had we too been waifs and strays from the Gerauns. Beds were generously vacated or mysteriously made up, and in the billiard room, in the sitting room, or on comfortable bedsteads, the belated travellers slept the sleep of the tired out. The morning light showed that we had found shelter in what all agreed was the prettiest, the most comfortable, and the best appointed hotel within the aggregate of recollection. Such cosy, clean bed rooms looking out on the bay, with its clusters of islands, its belts of wood, and its vistas of purple mountains. Such a bright dining room, with sideboards loaded with plate and table decked with flowers and ferns. Such ready attendance, such a cheery dinner, and over all such a welcome air of home life. We stayed all day at 'Eccles's,' voted it worthy of the place in which it is pitched,

and sailed home at night with a starless, moonless sky overhead, but with a brisk breeze filling out the sails, and all the sea back o'Whiddy aglow with a phosphorescent light that gleamed far and near as the waves broke, and spread out like a flash of torchlight in the trail of the moving rudder."

GLENGARRIFF AND KILLARNEY.

"*What sends picturesque tourists to the Rhine and Saxon Switzerland? Within five miles of the pretty inn of Glengarriff, there is a country of the magnificence of which no pen can give an idea.*"—W. M. THACKERAY, 1843.

THE ECCLES HOTEL.

This celebrated and long-established hotel has recently been much enlarged and improved, and entirely and luxuriously refurnished. It is situated on the shore of the magnificent Harbour of Glengarriff, surrounded by its own tastefully laid-out pleasure grounds, over 30 acres in extent, and which command exquisite views of the surrounding mountain ranges, and of the Bays of Glengarriff and Bantry, with their numerous, beautifully-wooded islands. The hotel is situated close to the charmingly-wooded demesne and shooting lodge of the Earl of Bantry, and is conveniently and centrally situated for visiting and making numerous interesting excursions. Amongst others may be mentioned the following:—The Grand Drive to the Lakes of Killarney, *viâ* Kenmare; the Pass of Keamineagh, and Gougane Barra; the Harbour of Bearhaven, and the Allihies Mines; the celebrated Caves in Bantry Bay; the ascent of the Sugar Loaf Mountain; Hungry Hill and Waterfall; Adrigole Harbour; the Priest's Leap; the Cloonee and Inchiquin Lakes: Kilmachalloge Harbour, and Glanmore Lake; the ascent of Cobduff Mountain, &c., &c.

The Eccles Hotel will be found replete with indoor comforts

and amusements, including library, news room, billiard table, piano, &c., together with a well-selected cellar of choice wines.

The postal telegraph office adjoins the hotel.

The surrounding neighbourhood presents objects of endless interest to the fern-collector, the naturalist, the sportsman, and the fisherman, including deep-sea and river fishing. Glengarriff, from its genial and equable climate, is much recommended by physicians as a "winter health resort," its average temperature exceeding London by about 7°, and Torquay 6°.

Murray's "Handbook for Ireland" describes this hostelry as one of the best of the south of Ireland hotels. There is a table d'hôte during the tourist season, and in the winter and spring months boarders will be taken at a moderate tariff.

In the "New Handbook for Ireland," edited by Messrs. Godkin and Walker, it is thus described :—"At the top of the Bay, and close to the water's edge, stands the Eccles Hotel, an exceedingly comfortable and homely establishment, which the tourist would do well to make his head-quarters in his excursions by car and boat through the delightful scenery of this romantic spot. The hotel is under the immediate superintendence of Mrs. Eccles, who spares neither trouble nor pains to make her guests thoroughly at home in her establishment."

Owing to the extension of the railways, Glengarriff is now very easy of access, and can be reached from London in 18 hours.

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